

THE PARTICIPAPER

AN INVERNESS COUNTY PERIODICAL



Vol 27, No. 1

1905 Valentine

Jan/Feb/Mar 2006

FROM THE DIRECTOR'S DESK
 INVERNESS COUNTY RECREATION, TOURISM,
 CULTURE AND COMMUNITY DEVELOPMENT OFFICE



RECREATION & CONTINUING EDUCATION PROGRAMS:

The Inverness County Recreation/Tourism Department continues to encourage a healthier, active living lifestyle for residents of Inverness County. Opportunities are available through local school and community programs. Check this issue for programs offered in your community. Please note, if there is a program not currently offered in your community or if you are interested in instructing a class, be sure to contact your local programmer or contact us at the Recreation/Tourism office. Program information begins on page 9.

VOLUNTEER RECOGNITION PROGRAM:

Some people volunteer to repay an act of kindness, some fill time created by the loss of a spouse or an empty nest. Others join volunteer organizations to make new friends or to learn new skills. Not only do volunteers change lives by mentoring students, providing respite care for the elderly or emergency relief during snowstorms, collectively they strengthen entire communities while improving the quality of life for all citizens.

Provincial Volunteer Week is April 23 - 29. The Municipality of Inverness County will once again recognize the contributions of individuals who volunteer their time and talents in Inverness County. Persons nominated on or before April 3, 2006 will be honoured by Municipal Council on Wednesday, April 26.

This issue contains details on how you or your group can make a nomination. Please note, individuals that have been nominated in the previous 10 years (1996 - 2005), are not eligible to be nominated in 2006. For more information on the Municipal Volunteer Recognition program check page 27 of this issue or you can contact staff the Recreation/Tourism office at 787-2274.

Director's Desk continues on page 31

Important Notice for Margaree Valley and Margaree Centre residents - Courses Registration in your area will be held February 8, 9, 13. Some courses begin February 11. See p.19

DEADLINE FOR THE NEXT ISSUE OF
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TABLE OF CONTENTS

Director's Desk Page 2
Ancestors Unlimited Page 3
A History of Hockey in Cheticamp Page 6
Inverness County Literacy Network Info Page 8
Spring Programming Courses listings Page 9
Inverness County ... On the Move Page 16
The Road to Health and Fitness Page 24
Steps to a Healthier More Active Family Page 25
Guidelines for Volunteer Nominations Page 27
ICCA Membership application form Page 29
ECRL Page 30
Municipal Contact Information Page 31

The Participaper is in its twenty-seventh year of publication and is distributed free of charge as a service to residents of the Municipality of Inverness County.
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● Pictured front page: In the "old days" many people made their Valentine cards by hand; the base card was purchased, then embellished with whatever was at hand. In this case, a card received by Louise Marsh in 1905, was hand-made by her Aunt, Jennie MacFarlane, who had added paper lace plus stickers of butterflies, an angel and a young schoolboy. The verse inside states, "Words cannot picture the joys I would lend thee, Language is faint, fondest blessing to say; O may the future, true happiness send thee, Blossoms of beauty be twining thy way!"
 ● [MacFarlane collection]



ANCESTORS UNLIMITED

HELPING TO FIND YOUR INVERNESS COUNTY ROOTS

By Dr. Jim St. Clair

A. SOURCES FOR IDENTIFYING INDIVIDUALS AND PLACING THEM IN CONTEXT - "FLESHING-OUT" YOUR ANCESTORS:

1. PETITIONS FOR LAND: For example - Petition no. 2500, RG 20 "B" - The request of Murdoch McPherson for land, identifies his date of arrival and his purpose for coming to Cape Breton. It states, "...your honor's petitioner is a native of Scotland ... arrived in this Island in the 26th inst ...he now prays your honor will please to grant a lot of land between Port Hood and Marguerite River wherever it may be found vacant.

Petitioner swears he has not assisted directly or indirectly to sell or dispose said land in any way or manner. Petitioner immigrated from his native country for the express purpose of residing in this Island by his industry in cultivating the soil." The petition is signed Murdoch McPherson is a very laboured hand and dated at Port Hood on the 21st day of August in 1820. It is witnessed by James Bull, Justice Of the Peace.

These petitions are visible on microfilm at archives such as The Beaton Institute, the NS Highland Village, and the NS Public Archives. They often correspond with land grants as found on land grant maps.

2. RECORDS OF SALE OF GOODS, list addresses of purchasers and the item(s) purchased - These listings give insights into the interests and the capabilities of earlier county residents. For instance the record book of John McKeen, operator of McKeen Orchards in Mabou gives the names of hundreds of purchasers of apple trees, plum trees, pear trees, berry bushes, rhubarb plants and ornamental shrubs in the years 1884-1886.

McKeen obtained his stock from a nursery in Sussex, NB and planted them at his property, Clayton Farm, in Mabou, near the present Dalbrae Academy. He sold them through agents across

Cape Breton Island. In some instances, the trees listed are still bearing fruit. The records reveal how interested people of that time were in establishing orchards and gardens. The following entries are offered as an example of this:

a. Mrs Dan McLachlan, West Bay Road, bought 18 apple trees and one rose bush and paid \$8.20.
b. Richard Austin of Northeast Margaree bought 15 apple trees, a red and a yellow plum, a weeping willow and two rose bushes for \$13.00.

c. A.B. McDonald of Meat Cove purchased, for \$5.25, 6 gooseberry bushes, 6 currant bushes and 3 rose bushes.

d. Laurent Chisson(sic) of Chéticamp bought 6 currant bushes and 6 gooseberry plants

and 2 rhubarbs and paid \$2.00.

e. Dr. Fiset, M.D. purchased privet hedges for a cost of \$7.00.

f. Dr. McLennan of Margaree Harbour paid \$6.00 for three rose bushes

g. Murdoch McDougall of East Lake Ainsley(sic) acquired 12 "assorted" apple trees for which he paid \$6.50.

These examples of the several hundred listings reveal the variety of people's interests. How many of these bushes are still growing? How many apple trees are still bearing fruit? And it appears that people were prepared to spend money on beautification of their properties and plant large orchards. A copy of the account book may be seen at the Nova Scotia Highland Village or from the editor of this column.

B. PUBLICATIONS:

1. Jonathan Sheppard Books at www.jonathan-sheppardbooks.com has a nice new print of a 1744 map of Canada showing modern day Quebec, Newfoundland, The Maritimes, and parts of New England. It shows rivers and forts and the First Nations' settlements. Price is \$6.95.

Continued next page...ANCESTORS

"Show me first the graveyards of a country and I will tell you the true character of the people."

- Benjamin Franklin

Continued from previous page...ANCESTORS

2. Nimbus Publishing has recently produced a reproduction of an 1878, *Historical Atlas of the Maritime Provinces*, with a fine introduction by Joan Dawson. It is in colour and very clear. It shows the major roads of the day, some of which are no longer in use, and older names for some places such as Shea's River for Brook Village. It is available at local outlets or from Nimbus Publishing in Halifax - price is \$29.95.

3. For people interested in a somewhat fanciful but very readable account of stories of clan battles, *The Well of the Heads and Other Tales of the Scottish Clans*, by Stuart McHardy, has recently been printed by Birlinn Press in Edinburgh, Scotland.

4. Cape Breton University Press has recently released a revised edition of *The Cape Breton Book of Days*, with 200 new entries. Pam Newton compiled this. The entries are from all over the island, and many are from Inverness County. With lots of good illustrations, this is a treasure trove for people who like Cape Breton history and trivia. The price is \$24.95 - a great gift and a must for libraries.

5. *New England Ancestors*, Vol 6, nos. 5-6, Holiday 2005 Issue - published by the New England Historic Genealogical Society - contains an interesting article about the antiquity of corn/maize. It would appear that it was found in Europe in the 1500's, long before European settlement on this North American Continent.

6. *Dating Old Photographs and More Dating Old Photographs*, (as a two-book bundle) may be ordered from Family Chronicle, 505 Consumers Road, Suite 500, Toronto, On. M2J 4V8 or through their website: www.familychronicle.com. The price is \$28.89 which includes tax and cost of shipping. The books provide examples of various kinds of photos in period and can help a person compare styles of photos as well as clothing and hair arrangement. Very helpful when trying to date family pictures.

C. RESPONSE TO QUERY:

In response to a query regarding the origin of the name "King Farm", which was assigned to a property on the Rankinville Road, Southeast Mabou; it may be said that the property took its name from Edward King who once lived on the

land.

According to the census records, he was born in Boston, Massachusetts about 1770, and came to Cape Breton in 1801. He may have lived for a time in Halifax before coming to Inverness County. He was granted lot 6.

According to the Militia List records, he had one of the most extensive acreages of cleared land of anybody in the area. The name of his wife is not yet known - her name appears on no deeds. They had one daughter (as per census records). Her name was Susanna and she was twice married - first to John Worth, by whom she had four children (including the oldest son Edward King Worth) as revealed by deeds. She married secondly to Francis Bone (or Bowen as some deeds give the name).

By 1844, the family was gone from the area. Tradition suggests that King drowned in a small pond near the railway bridge in Hillsborough, a pond which was on his land. He is listed as a founding member of the Mabou-Port Hood Presbyterian Church. Records suggest that he was a member of a very conservative Presbyterian group known as Sandemanians or Glassites, of which group he was the only known person in the area. The name "King Farm" is disappearing from local use. More research needs to be done to determine



The son of John and Jane (MacNiven) MacDonald, Donald MacDonald of Stewartdale was born in 1827 and died in 1900. He was a member of Inverness County Council, a Justice of the Peace and a Teacher. This picture was taken in 1895.

Continued next page...ANCESTORS

Continued from
previous page...

ANCESTORS

his parentage and his connection to the Sandemanians, a sect to which Michael Faraday also belonged.

[Ed note: Michael Faraday (1791 - 1867) of London, England, was the discoverer of electro-magnetic induction, electro-magnetic rotations, the magneto-optical effect, diamagnetism, field theory and much else besides.]



A photo of Margaret (Maggie) MacFarlane and two of her daughters, Elizabeth, b.1885, and Hilda, b.1901. This photo was taken at the Kelly and Dodge Studio in Sydney in 1902. Maggie was the daughter of J.D. and Catherine (Matheson) of River Denys and Mabou. She was a skilled telegrapher and operated out of Mabou and Orangedale where her husband was Station Master. [MacFarlane Collection]



“HEADS-UP” ALL TEXTILE ARTISTS (QUILTERS, RUG-HOOKERS, ETC.)

This summer a textile festival and exhibition will be held at the Inverness County Centre for the Arts. The event is still in the planning stages. Look for more information in upcoming issues of the *The Participaper*. The last time this event was held (August 2004) it was a smashing success. This time, the organizers plan to add workshops to round out the event.

On the next page, the article, *A History of Hockey in Chéticamp*, begins. My heartfelt thanks to two gentlemen who are a fountainhead of knowledge of the history and genealogy of Chéticamp and area. Charlie Dan Roach and Edmond Burns, of the Centre de généalogie de Chéticamp, kindly shared with me their own meticulously researched and written history of hockey in the area: *Il Lance! Il Compte! - L'historique du hockey dans la région de Chéticamp (He Shoots! He Scores! - The history of hockey in the Chéticamp area)*. Due to their kindness, as stated in the prologue to this article, the answers to my questions were “relatively easy to find”, (and, this article was much easier to write than it might have been.)

Many thanks to Wilfred (à Fidel) Deveau; Paul (à Fidel Deveau); Willie (à Paulite) Aucoin and Leo (à Delphine) Poirier, all former members of the original Les Alouettes team, who contributed to this story by sharing their memories of events surrounding the formation of the team. And thank you also to those who called to help identify those in the photos and share their memories with me.

A History of Hockey in Chéticamp *by Marie Aucoin*

How many of us have inherited a box of photos and become intrigued by its contents? This happened to me just over ten years ago, when my husband and I first moved back to Chéticamp to live. I recall that, at the time, I found myself wondering about two of the photos I found in the box. These photos depicted a group of young hockey players — one of whom I recognized as my husband's father when he was a young man. As I gazed at the photos, I found myself wondering about the events surrounding these young men and the photos. I promised myself that "one day" I would find out.

Recently that "one day" finally arrived as I set about trying to find answers to my questions. I soon discovered that the answers were relatively easy to find, and, as with many histories, this was an interesting story. I hope you will find it as intriguing as I did.

Since the turn-of-the-century, people from this area left to find work in the United States. The stock market crash of 1929, coupled with the Great Depression, resulted in many of them returning home with their families to Chéticamp and St. Joseph-du-Moine. Many of the children of these expatriates had learned to play hockey in the States and, once winter hit and the ponds and lakes froze over, these young people seized the opportunity to lace up their blades and took to the ice. With their store-bought hockey equipment and skates, they made quite an impression on the youngsters in the local community.

Despite being impressed by the newcomers' game, the locals didn't jump on the bandwagon "en masse"; first of all, they didn't possess the equipment necessary to play this game nor were



Pictured above, l - r: Gerald Jardine (of Florence, C.B.), Wilfred (à Fidele) Deveau, Placide (à Fidele) Deveau, Charlie (à Sylvain) Deveau, Neil (à Willie à Arsene) Bourgeois, Willie (à Paulite) Aucoin, Paul (à Fidele) Deveau, Chester (à Dougall John) Aucoin, Seward (à Charles) Chiasson, Nectaire (à Paulite) Aucoin, Mickey Chiasson (of Glace Bay, C.B.), Aubry Leslie (who was the Manager of "Leslie's"), Missing from the photo, but a member of this team, was James (à Jeannie) Aucoin.

A descendant of one of these hockey players of times past now plays in the NHL. Adrian Aucoin, the Captain of the Chicago Blackhawks, is the grandson of Chester (à Dougal John), pictured here, fifth from the right. Adrian retains many happy childhood memories of times spent visiting Chéticamp and still enjoys occasional trips to his childhood haunts here.

they familiar with the techniques and rules. It wasn't until the 1940's, especially after the war — when our young people left in large numbers to pursue their education — that they learned to play hockey at college or university.

When these local area students returned home during the Christmas holidays, they would often organize a game of "shinny" hockey. These games were very loosely organized — there being no

Continued next page...Hockey

ENJOY WINTER -
REGISTER FOR A COURSE OR ACTIVITY!

Continued from previous page...Hockey

referees — and the rules were largely ignored. The idea was just to go out, have great fun and play until you dropped.

Over time, more and more of the young people of the area joined in these games. Many of them had to improvise equipment as there was no money to pay for it. It was not unusual to see the *Eatons* and *Sears Roebuck* catalogues strapped to a pair of legs (in lieu of supplying the local outhouses with the necessary “equipment.”) Hockey sticks were fashioned from small trees cut in the highland barrens behind the villages.

At the same time (the late 1940’s) most homes were equipped with a radio and many of the local residents faithfully listened to the national hockey broadcasts and read the newspaper reports of the games; prompting many of the local young people to take to the ice in imitation of their favourite hockey heroes. Thus, from modest beginnings, hockey started to take root in the area. Although it was still several years before well-equipped teams started to play in a structured environment with enforced rules.

In conjunction with these events, a young priest — Father James MacLean of Capstick — had been sent to the parish to assist the Parish priest, Father Leblanc. Father Leblanc tasked his young protégé to take charge of the young people of St. Joseph du Moine and Chéticamp and keep them occupied with hobbies.

Pictured below, this is the same group as pictured on the facing page. They were one of the first teams to be called “Les Alouettes.”



The Participaper

Father MacLean, who had learned to play hockey at university and the seminary, decided that this game would be an excellent way to occupy his young charges and that the two communities would make excellent opponents for one another. (*Ed note: Father MacLean was an excellent athlete and fan of many different sports and he generously shared his knowledge with the young people here. Many of the older residents still have fond memories of him.*)

Naturally, in order to play hockey, a skating rink became a necessity. The first one built was outdoors and behind David (à Paulite) Chiasson’s house. Unfortunately, it was not a great success. There was insufficient water to maintain a good surface of ice, and, that particular winter produced many South-East storms (suêtes) accompanied by rain.

In an effort to overcome the aforementioned difficulties, someone suggested to Father MacLean that it might be possible to establish an indoor rink at the site of the former Gypsum Mine storage and sorting facility, which had been out of service since 1939. Although the mine was no longer operating in Chéticamp, the company continued to maintain an office here and Father MacLean approached the manager, Mr. Anselme (à Charles) Boudreau, to make his request for the use of the facility known. He further suggested that, since Mr. Boudreau held an important position with the Knights of Columbus, Council 3850, perhaps they (the Knights) would be willing to undertake this project to establish an indoor rink in Chéticamp.

It was obvious that Mr. Boudreau thought this was an excellent proposition, for he threw himself into the task with great gusto, and had soon encouraged others to join the Knights in becoming involved in the project. For example, Mr. Edward Brown, the Superintendent for the National Gypsum Company, when asked for permission to use the facility, went even further and hired a company to install the lighting for the rink, and, the company provided the first year of electricity free of charge.

Obtaining the use of the building was an excellent first step, however, a lot of work still

Continued on page 28...Hockey

INVERNESS COUNTY LITERACY NETWORK
ADULT UPGRADING CLASSES 2006

If you are 19 years of age or older, and interested in improving your reading, writing and/or math skills; **preparing for the GED**; or working toward your own personal goal, classes are available to you free of charge in the following communities:

Chéticamp:

Instructor: Clifford Maillet, 224-3552
Day & Time: Mon & Tue 6 - 9 p.m.

Inverness:

Instructor: Charlotte Campbell, 258-2787
Day & Time: Tue & Thu 6 - 9 p.m.

Margaree Forks:

Instructor: Shirley Miller, 248-2960
Day & Time: Tue & Thu 6 - 9 p.m.

Port Hood

Instructor: Susan Campbell,
Day & Time: Tue & Thu 6 - 9 p.m.



NEW LEARNERS ARE
WELCOME ANYTIME

COURSES RUN CONTINUOUSLY
SEPTEMBER TO MAY

Free Tutoring for Adults

The Inverness County Literacy Council has volunteer tutors in your area who are available and willing to assist adults to become better readers. If you, or someone you know needs help, call 1-877-258-5550.

Adult Upgrading Classes

Adult upgrading classes (including preparation for writing the G.E.D. exam) are being offered throughout Inverness County. Classes are free. If you would like more information, please call 1-877-258-5550.



CONTACT INFORMATION:

THE INVERNESS COUNTY LITERACY COUNCIL
COORDINATOR: ANNA LEE MACEachern
LOCATION: PORT HOOD MUNICIPAL BUILDING (COURT HOUSE)
PHONE: 787-3508 FAX: 787-3110
Email: amaceachern@invernessco.com

IF YOU WISH TO ATTEND UPGRADING CLASSES IN COMMUNITIES OTHER THAN THOSE LISTED ABOVE, PLEASE CALL 1-877-258-5550 OR THE INVERNESS COUNTY COORDINATOR, ANNA LEE MACEachern (SEE CONTACT INFO ABOVE).



*Classes are made possible through the cooperation of the Department of Education,
Adult Education Division; the Strait Regional School Board;
and the Municipality of the County of Inverness.*

INVERNESS COUNTY RECREATION/TOURISM DEPARTMENT RECREATION & CONTINUING EDUCATION COURSES

REGISTRATION WEEK: FEBRUARY 13th – 19th

The Inverness County Recreation/Tourism Department is pleased to present its Spring Program Schedule, offering a wide variety of classes and workshops for children, youth, and adults. Whether your interest is in crafts, sports, health, fitness or music, there is sure to be a class for you.

Registration and Payment of Courses:

You may register at the designated location in your community, or, you may put your fees in the mail. On-site registration week is February 13 – 19; mail-in registration will be accepted until Friday, February 24th. All mail-in registration will be considered **after walk-in** registration has been completed. Mail-in registration should be forwarded to the programmer in the community where the course is being offered. All courses begin the week of February 27 - March 3, **unless otherwise stated**, and will run for a **maximum** of 10 weeks. **We encourage you to register early, as all courses must meet a minimum enrollment. Your registration may determine whether the course will be delivered.**

Registration Policy and Course Cancellation:

Course admission is on a first come, first served basis. Although every effort is made to guarantee the successful delivery of a course, it is sometimes necessary to cancel a course due to low enrollment. In such cases a full refund will be issued from the Department of Recreation/Tourism. Please note that courses taking place in schools will be cancelled on holidays and school cancellation days. For courses in other facilities, check with the local Programmer.

New Courses:

If you have any ideas or suggestions for other courses you would like to see offered in your community, give us a call. Also, if you would like to teach a course, please contact your local programmer. General inquiries may be directed to the Recreation/Tourism Office at 787-3508.

Recreation & Adult Education courses are made available through the cooperation of the Strait Regional School Board; Department of Education, Adult Education Division and the Inverness County Recreation/Tourism Department.

MAIL-IN REGISTRATION FORM

NAME: _____

ADDRESS: _____

POSTAL CODE: _____ PHONE: (H) _____ (W) _____

COURSE NAME: _____

LOCATION: _____ COURSE FEE: _____

INVERNESS COUNTY RECREATION COURSES - SPRING 2006

Please note: To facilitate use of this programming guide, courses are listed in the alphabetical order of the communities where they are offered.

BELLE CÔTE AND AREA

REGISTRATION:

Cape Breton Highlands Academy

Cabot Trail

Tuesday, February 14

Thursday, February 16

7:00 - 8:00 pm

CONTACT:

Julia Tompkins

PO Box 651

Margaree Forks

BOE 1A0

PHONE: (902) 224-1744

CHILDREN & YOUTH:

BASKETBALL: Have fun and learn the basics of this great game. The program will incorporate training drills, review of the rules and games. Grades 5-8, Beginning Monday, March 27th; 8 weeks; Instructor: Julia Tompkins; Fee: \$20.

SOCCER: Instructional soccer for students grade 4-7. This class will help promote participation in the game of soccer as well as teach the principles of sportsmanship, character, athletic skills and social interaction through a recreational "FUN" type of experience. Girls, Wednesdays, 3 - 4 pm; Boys 4 - 5 pm. Beginning March 22, 8 weeks; Instructor: Aurel LeLievre; Fee: \$20.

STEP DANCING: Step dancing lessons for beginners; all ages welcome. 10 weeks, Tuesday, 3 - 4 pm; Instructor; Denise Muise; Fee: \$10.



VOLLEYBALL: Instructional volleyball for girls ages 11-14. Fridays 3 - 5 pm. 10 weeks; Instructor: Bob Wheeler; Fee: \$20.

FITNESS, HEALTH & SPORT:

BADMINTON: Student/ Adult co-ed, non-instructional. 10 weeks; Thursdays, 8- 9:30 pm; Fee: \$10.

BASKETBALL: Adult, non-instructional, 10 weeks; Mondays, 8:00 - 9:30 pm; Fee: \$10.

SOCCER: Adult non-instructional, Wednesdays, 8 - 9:30 pm, 10 weeks; Fee: \$10.

VOLLEYBALL: Co-ed adult, non-instructional, 10 weeks; Tuesdays, 8 - 9:30 pm, Fee: \$10.

WALKING INDOORS: Walking is an aerobic activity that can improve your fitness level, health and well-being. If you need the motivation of a group to get out walking, come to Cape Breton Highlands Academy and walk in the comfort of the indoors. Friday, 8 - 9:30pm; No Fee, but advance registration is necessary to book gym time.

YOGA for BEGINNERS: Would you like a life that is more relaxed, peaceful, in control, balanced, healthier and coordinated? If you answered YES, then Yoga may be just what you are looking for. Instructor: Lucille Aucoin, Yoga Therapist/ Practitioner; Begins March 20, 8 weeks, Mondays, 7 - 8 pm; Fee: \$40. Please bring a cushion and mat to class.

YOGA SESSION 2: This class is for anyone who has taken the first set of beginner classes or is practicing Yoga on his/her own and is familiar with the basic Yoga postures. Instructor: Lucille Aucoin, Yoga Therapist/Practitioner; Begins March 21, 8 weeks, Tuesdays, 7 - 8 pm. Fee: \$40. Please bring a cushion and mat to class.

PERSONAL INTEREST:

COOKING: "The Basic Series". You asked for it and here it is...the perfect step-by-step introduction to cooking. This hands-on approach will support beginners as well as more experienced cooks fine-tune their cooking skills. 5 weeks.

Continued next page...Belle Côte

INVERNESS COUNTY RECREATION COURSES - SPRING 2006

Continued from previous page...



Week 1 - Salads & Salad Dressings; Week 2 - Soups; Week 3 - Potatoes, Grains, & Pastas; Week 4 - Hors D'oeuvres; Week 5 - Cheesecakes. Wednesdays, 6 - 9 pm; Instructor: Nicole Miller; Fee: \$100.

PHOTOGRAPHY: An introductory level course for the recreational photographer. In this 6-week course you will be introduced to a fascinating hobby where you will learn how to produce better travel and family photos. Topics covered - Digital vs. Film – the strengths and weaknesses of both; light and light metering for proper exposure; lens, flash, filters, tripods; taking award-winning photos - travel, flower, people and animal, evaluating photographs and much more. Bring your camera (digital or film), along with the instruction manual if possible. Thursdays, 7 - 9 pm; Instructor: Russell Daigle; Fee: \$40.

CONTINUING EDUCATION:

ADULT UPGRADING: If you are 19 yrs or older and interested in improving your reading, writing and/or math skills; preparing for the GED; or working toward your own personal goal, classes are available to you free of charge. Tuesday & Thursday 6 - 9 pm. Instructor: Shirley Miller. Phone: 248-2960.

Any changes or additions to the course listings will appear in the latest editions of *The Oran* and/or *The Reporter*.

Important Notice for Margaree Valley and Margaree Centre residents - Registration in your area will be held starting February 8, 9, 13. Some courses begin February 11. See page 19.

CHÉTICAMP

REGISTRATION:

ÉCOLE NDA, Chéticamp

Register early as some courses have an early start.

PROGRAMMER:

Clifford Maillet

PO Box 900

Chéticamp, NS B0E 1H0

(902) 224-5304 (w) / (902) 224-3552 (h)

CHILDREN & YOUTH:

BABYSITTING COURSE: This course teaches the skills and knowledge needed to care for infants, toddlers, pre-schoolers, and school-aged children. Topics covered include the rights and responsibilities of the babysitter, first aid, dealing with emergencies, child-care skills and ideas for fun. For children ages 12 and older. Course is offered on a Saturday from 9 am – 3:30 pm; Instructor: Heather Davis; Fee: \$25 (includes book).

DEFENSIVE DRIVING COURSE: For drivers waiting to opt out of Graduated Licensing Program. Date: TBA; Fee: \$75.

FITNESS, HEALTH & SPORT:

PHYS ED: Co-ed, non-instructional badminton. Monday & Thursday, 7 - 9 pm. Fee: \$2 per night.

VOLLEYBALL: Co-ed, non-instructional. Wednesdays, 7 - 9 pm. Fee: \$15/person.

YOGA: This class consists of gentle yoga methods - relaxation techniques, breathing techniques, imagery and techniques to help maintain good health. You will leave the class feeling relaxed and full of energy. Levels 1 and 2. Mondays 7 - 8 pm; Instructor: Carol Le Blanc; Fee: \$20.

Continued next page...Chéticamp

INVERNESS COUNTY RECREATION COURSES - SPRING 2006

Continued from previous page...Chéticamp

ADULT PERSONAL INTEREST:

CREATIVE MEMORIES SCRAPBOOKING:

Would you like to do something with all those boxes of pictures you have, but don't know where to start? Sign up for this class and learn how to choose background, color, accessories and layering techniques to create a beautiful scrapbook. Wednesdays, 6:30 - 8 pm. Beginning February 6, eight weeks; Instructor: Gail Bourgeois; Fee: \$100, covers all supplies and materials required to complete your choice of graduation, heritage, baby, wedding or travel album. For more information call 224-3551.

DANCE POPULAIRE EUROPEÉENNE: Learn more about these unique energizing dances. Proven to be fun, invigorating and stress relieving. Tango, Waltz, Marche and Samba. 6 - 8 weeks. Instructors: Michel & Marguerite Paturel; Night to be determined by participant request; Fee: \$30.

OIL PAINTING: Beginner to advanced artists will be provided with suggestions and feedback in a relaxing comfortable atmosphere as they complete their painting project. Instructor: Gilles Deveau; 8 weeks; Fee: \$40 +materials.

QUILTING: Learn quilting by hand. All materials supplied except needles. 8 weeks; Instructor: J. Doucet; Fee: \$40.

STEP DANCING: Beginner and advanced, 6 weeks; Instructor: TBA; Fee: \$30.

CONTINUING EDUCATION:

ADULT UPGRADING: If you are 19 yrs or older and interested in improving your reading, writing and/or math skills; preparing for the GED; or working toward your own personal goal, classes are available to you free of charge. Mondays & Tuesdays, 6 - 9 pm. Instructor: Clifford Maillet.

ENJOY WINTER -
REGISTER FOR A COURSE OR ACTIVITY!

GLENDALE

REGISTRATION:

Glendale Parish Hall
Friday, February 10
7:00 - 8:00 pm

PROGRAMMER:

Marion Gillis
RR #1 West Bay Road,
NS
BOE 3LO

Phone:(902) 625-2357

CHILDREN & YOUTH:

ARTS & CRAFTS: Come and have fun painting, drawing, playing games, reading stories and moving to music. Sunday, March 5 and April 2, 1:30 - 3 pm. Ages 3 and up. Instructor: Tricia MacColl; Fee: \$12 (snack provided).

CHILDREN'S VALENTINE CRAFTS: Saturday, February 11, 1:00 - 2:30 pm; Instructor: Trisha Boyd; Fee: \$2 (includes supplies).

CHILDREN'S EASTER CRAFTS: Saturday, April 8, 1:00 - 2:30 pm; Instructor: Trisha Boyd; Fee: \$2 (includes supplies).

CHILDREN'S MOTHER'S DAY CRAFT: Saturday, May 6, 1:00 - 2:30 pm; Instructor: Trisha Boyd; Fee: \$2 (includes supplies).

CHILDREN'S FATHER'S DAY CRAFT: Saturday, June 10, 1:00 - 2:30 pm; Instructor: Tricia Boyd; Fee: \$2 (includes supplies).

CHILDREN'S SKATING PARTY: Come to "The Pit" on February 18 and enjoy an afternoon of skating, fun and hot chocolate. 1 - 2:30 pm. No fee, but you must register for planning purposes. Storm date, February 19.

Continued next page...Glendale

INVERNESS COUNTY RECREATION COURSES - SPRING 2006

Continued from previous page...Glendale

CHILDREN'S STEP DANCING: Saturdays. Beginners, 9 - 10 am/Intermediate, 9:30 - 10:45 am. 8 weeks. Instructor: Claire MacDonald. Fee: \$35, plus \$7 for each additional child. First classes will be held Friday evening, March 3 at 5:30 and 6:00 pm. Remaining classes will be on Saturdays beginning March 11.

SCRAPBOOKING: Bring your choice of photos and learn how to preserve your favorite memories and share them with your friends. Ages 7 & up. Saturday, March 25, 3 - 5 pm. Instructor: Tricia MacColl; Fee: \$15 (includes material).

PHYSICAL ACTIVITY & HEALTH:

EXERCISE CLASSES: The "Happy Losers" are inviting individuals who are interested in participating in a support group that focuses on healthier living choices to come to the Glendale hall on Monday evenings from 7:00 - 7:30 pm. Each week there is a short meeting and a weigh-in followed by an exercise class. Fun contests are included to encourage participants to lose weight. Leader: Jonna MacDonald; Fee: \$2/night.

INDOOR WALKING: Walking is an aerobic activity that can improve your fitness level, health and well being. If you need motivation of a group to get out walking, come and join the Glendale Walking Club, and walk in the comforts of the indoors, while listening to some great music. 8 weeks, Mondays, 7:30 - 8:30 pm. Leader: Jonna MacDonald; Fee: \$2/night.

ADULT STEP DANCING: Saturdays 11:00 - 12:00 am, 8 weeks. Instructor: Claire MacDonald. Fee: \$38. First class will be held Friday evening, March 3 at 7:00 pm. Remaining classes will be on Saturdays, beginning March 11.

ADULT PERSONAL INTEREST:

SPRING CRAFTS: Enjoy an evening with friends and neighbours while completing a series of spring crafts. Mondays 7 - 9 pm, 6 weeks. Instructor: Dolores Casey; Fee: \$10.

WEAVING: Saturdays, starting February 25, 1 - 4 pm. 6 weeks. Instructor: Dolores Casey. Fee: \$10.

WOODWORKING: Learn to make small tables, potato bins, shelves, window boxes or your own project. Tuesdays, beginning April 4, six weeks; 2 - 4pm OR 7 - 9 pm. Location: Home of Josephine Smith; Instructor: Josephine Smith; Fee: \$25 plus materials. Inverness

INVERNESS

REGISTRATION:

Inverness Academy

Monday, February 13

Thursday, February 16

6:30 - 7:30 pm

PROGRAMMER:

Anna Lee MacEachern

PO Box 546, Inverness, NS

BOE 1NO

Phone: (902) 258-2089

CHILDREN & YOUTH:

ARTS & CRAFTS MANIA: Spend an enjoyable fun hour with your friends making seasonal projects. You will learn embossing techniques while creating fridge magnets, bookmarks, all occasion cards and much more. Grades 3 - 8, Thursdays, 3 - 4:30 pm, 10 weeks. Instructor: Anne Poirier; Fee: \$20 to cover materials (maximum 10/class).

BOOTCAMP FOR STUDENTS: A co-ed fun fitness workout that includes 30 minutes of cardiovascular exercises and 30 minutes of strength-training. This program is designed for ages 9 - 12. 10 weeks, Fridays 3- 4 pm; Instructor: Lyndsy Watson; Fee: \$20.

CHANTER: Learn to play the chanter and then move on to the Great Highland Bagpipe. Teacher

Continued next page...Inverness

INVERNESS COUNTY RECREATION COURSES - SPRING 2006

Continued from previous page...Inverness

will supply all sheet music. Student must provide his/her own chanter; Instructor: Marie MacDonald. Time: TBA; Fee \$50 for 10/half-hour individual lessons.

JUMP START GYMNASTICS: This is a modified gymnastics program for children ages 4 - 6. Children will hop, skip, dance and move to fun music at the same time improving balance and coordination. Fridays, 6 - 7 pm; 6 weeks; Instructor: Vikki MacEachern; Fee: \$15. (minimum 8 children).

PLAYGROUP: A fun-filled program designed for pre-schoolers, consisting of crafts, songs, active games, stories, and making friends. Thursdays, 9:30 - 11:30 am or 12:30 - 2:30 am. 10 weeks; Fee: \$90/session.

STEP DANCE (CHILDREN): Learn traditional Cape Breton step dancing. Children ages 5 & up. Monday 6 - 6:45 pm, Instructor: Cheryl MacQuarrie; 8 weeks; Fee: \$50.

FITNESS, HEALTH & SPORT:

AEROBICS: You choose your intensity level as the instructor demonstrates low to high impact movements. Includes warm-up and cool-down. Multi-level, beginner to advanced. Monday/Wednesday 7:30 - 8:30 pm. 10 weeks, beginning March 20; Instructor: Vikki MacEachern; Fee: \$20 - one night/wk or \$30 - two nights/wk.

ADULT BOOT CAMP TRAINING: A co-ed fitness workout that includes 30 minutes of cardiovascular exercises and 30 minutes of strength-training and stretching, with emphasis on Butts & Guts -- Give that lower body a real workout with strength-training moves focusing on legs, butt and thighs, with all body parts getting a great defining workout. This program is designed for all ages and levels of physical fitness. 10 weeks, Beginning March 27, Tuesdays and Thursdays 7:30



- 8:30 pm. Instructor: Charlene O'Neil; Fee: \$20 - one night/wk or \$30 - two nights/wk.

ADULT BADMINTON: Co-ed Adult program. Mondays & Wednesdays, 7:30 - 9 pm. 10 weeks. Organizer: Paula Doucet; Fee: \$20.

ADULT BASKETBALL: Come out for a night of fun and exercise. Play three-on-three, or full court games. Thursdays, 7:30 - 9:00 pm; 10 weeks; Fee: \$10.

ADULT VOLLEYBALL: For the recreational volleyball player. Non-instructional Co-ed; Sunday, 7 - 9 pm ; Organizer: Eddie MacEachern; Fee: \$10.

TABLE TENNIS: Ages 16 and over are welcome to participate, whether you are an experienced player or a beginner. You can develop your skill, strength, speed, stamina and strategy. Tuesday 7:30 - 9 pm. Instructor: Bill MacLean; Fee: \$10.

YOGA for BEGINNERS: This is an excellent means of exercising, stretching, and freeing the body so it can be a healthy, long-lived, and vital instrument of the mind and soul. The physical benefits of yoga practice include loosening of muscles that have been tightened by inactivity, tension, and stress, increasing the range of motion of joints, enhancing flexibility, and helping correct postural problems. Instructor: Lucille Aucoin, Yoga Therapist/Practitioner; Eight-weeks, Beginning Thursday, March 23, 6:15 - 7:15 pm; Fee: \$40. Please bring a cushion and mat to class.

YOGA SESSION 2: This class is for anyone who has taken the first set of beginner classes or is practicing Yoga on his/her own and is familiar with the basic Yoga postures. Instructor: Lucille Aucoin, Yoga Therapist/Practitioner; Eight-weeks, Beginning Thursday, March 23, 7:30 - 8:30 pm. Fee: \$40. Please bring a cushion and mat to class.

ADULT PERSONAL INTEREST:

Continued next page...Inverness

INVERNESS COUNTY RECREATION COURSES - SPRING 2006

Continued from previous page...Inverness

CHANTER ADULTS: Learn to play the chanter and then move on to the Great Highland Bagpipe. Teacher will supply all sheet music. Student must provide his/her own chanter; Instructor: Sandra Watson; Time: TBA; Fee \$50 for 10/half-hour individual lessons.

CONVERSATIONAL GAELIC: Using vocabulary, conversation and a little grammar, you will learn how to converse in "Gaelic". Beginning March 22, Wednesdays, 7 - 8 pm. 8 weeks. Instructor: A. MacKinnon Fee: \$20.

GUITAR: Ages 16 - adult. This course is designed to provide individual instruction within an informal small group setting. You will learn the fret board, basic music theory, chord structures and rhythm. Tuesdays, 7:30 - 8:30 pm, eight weeks; Instructor: Glenn MacEachern; Fee: \$30.

PHOTOGRAPHY PART TWO: This course will cover some technical aspects of photography but will focus more on taking award-winning pictures and cover different photographic themes. Course will cover both film and digital formats. The prerequisite for the course is that you have taken the Basic Recreational Course in Photography or be able to demonstrate that you have a thorough working knowledge of your equipment and a good understanding of the photographic process. 6 weeks, beginning Thursday, April 24, 7 - 9 pm. There will be one or two field trips depending on the wishes of the participants. Instructor: Russ Daigle; Fee: \$40. Participants will be responsible for their own film and processing.

QUILTING: A Beginner's Course, 8 weeks, 6 - 9 pm, Wednesdays, March 2 - April 26. Materials list available at Registration, Grant's store or Fiddle Stitches. Instructor: Margie MacIsaac, 258-2338; Fee: \$60.00.

STEP DANCE (ADULT): Learn traditional Cape Breton step dancing. Mondays, 7 - 8 pm, 8 weeks; Instructor: Cheryl MacQuarrie; Fee: \$50.

CONTINUING EDUCATION:

ADULT UPGRADING: If you are 19 yrs or older and interested in improving your reading, writing and/or math skills; preparing for the GED; or working toward your own personal goal, classes are available to you free of charge. Instructor: Charlotte Campbell; Tuesday & Thursday 6 - 9 pm. Fee: Materials only.

WHMIS: This workshop provides the attendee with the understanding of the elements of WHMIS regulations, chemical hazards and the control of these hazards. Focus is placed on the practical management of a WHMIS program in the workplace. Thursday, March 9th, 6 - 9:30 pm; Instructor: Norman MacDougall; Fee: \$15. (minimum 5 participants).

JUDIQUÉ

REGISTRATION:

Judique Community Centre
Tuesday, February 14
Wednesday, February 15
7:00 - 8:00 pm

PROGRAMMER:

Eileen Smith
Judique, NS
BOE 1PO

Phone: 787-2358

CHILDREN:

CHILDREN'S VALENTINE CRAFTS: Ages 5 & up. Wednesday, February 8, 7pm. Instructor: Marie Brideau. Maximum 10; Fee: \$5.

CHILDREN'S EASTER CRAFTS: Ages 5 & up. Wednesday, April 5, 7pm. Instructor: Marie Brideau. Maximum 10; Fee: \$5.

STEP DANCING: Learn to dance to jigs, strathspeys and reels. Beginning Tuesday, March 28.

Continues page 18...Judique

SPRING INTO ACTION!

Caroline Cameron, Inverness County On The Move...

As winter winds down, people from all over the county will be breaking out and marking the arrival of a new season of activity. This spring, Inverness County on the Move is organizing a day of activity aimed at sharing the fun, and encouraging the habit of getting that daily dose of exercise. Whether you're a regular or a "wannabe", on that day we'd like you to let us know what you did for physical exercise. At work, at home or in between – you can share a walk with a co-worker or friend, do some cleaning, hit the exercise equipment, play with children, garden, do sit-ups, dance, play badminton - or mix a few activities together for a total of 30 minutes, any way at all, as long as it's *YOUR WAY*.

The Inverness County on the Move team will be setting a date for the event soon, and we'll be organizing ways to distribute forms to collect your name, phone number and type of activity. Or you may just want to email the info to activeyourway@yahoo.ca or fax it to 258-3170. We'll be tallying to see just how active Inverness County can be – and we'll be interested to see how unique your activities



If dull, grey winter days are getting you down, remember that walks on the boardwalk on beautiful summer days aren't so far off. Last summer, Vicki Copley and Lindsay Watson enjoyed walking in Inverness.

are. The names of participants will be entered into a series of draws held across the county for some fine prizes.

We look forward to talking to communities throughout

the next few months about promoting physical activity and about ways we can make a big splash of this event. Keep an eye out for some fun that may even get a bit foolish! If you'd like more details, please call your local Inverness County on the Move Coordinator:

Inverness North	Carole Aucoin	Cheticamp	224-2035
Inverness Central	Caroline Cameron	Strathlorne	258-3110/258-2616
Inverness Southwest	Ardi MacEachern	Judique	787-2913/625-2016
Inverness Southeast	Wanda Chandler	Stewartdale	756-3320

Inverness County on the Move...Be active & healthy ~ your way ~ every day!

Inverness County Recreation/Tourism



Linda Rice of Whycomomagh takes advantage of her local gym.

At this time of year, many people are taking advantage of the excellent gym facilities located throughout Inverness County.



On the Move...Community Health Fairs

Caroline Cameron, Inverness County On The Move...

As you work your way through winter, it's good to find a few diversions. This year, Inverness County on the Move is hosting a series of community events with a little something for everyone. These are intended to acquaint us with some of the unique resources we have in our communities and provide a little encouragement to be healthy and active OUR way, every day.

The 'On the Move Community Health Fairs' are planned to be fun and interesting afternoons with lots of hands-on activities – great for children – games, competitions, demonstrations of nifty new 'fun kits', ultimate Frisbee and bicycle safety.

There will also be something for the "older kids". Although the event will be a little different in each community, we are planning for hands-on exercise equipment demonstrations, massage therapists, year-round fitness tips, fun and healthy foods, health professionals, vitals testing, pedometers for you to try out, and information on active and healthy living. This is just the tip of the iceberg, there is lots more in the works! And, of course, what event is complete without tea and door prizes?

It promises to be an entertaining outing. If you are interested in getting started in something active, there will be lots of opportunity to find out what is out there and get the facts. It will also be a good opportunity to get together with the 'movers and shakers – or bikers or runners' in your area.

We're still in the planning stages, so if there is something you would like us to include, let us know, and we'll see what we can do. We will be posting more details around communities and in the media as our plans come together. TENTATIVE dates are February 25 in Chéticamp; March 4 in Inverness; March 10 in Whycocomagh and March 25 in Port Hood. Admission is free. We'd love to see you there!

Inverness CountyOn the Move

Why not enter the Active Your Way writing contest?

The deadline is coming up on February 15th.
Tell us in 500 words or less how you, your family or group,
are active on a regular basis.

Prizes valued at \$100 for entries in French & English,
Adult & Youth.

(Youth categories: Grades 5 to 8 and Grades 9 to 12
Poster contest for Grades Primary to 4)

ENTER AS AN INDIVIDUAL, FAMILY, OR GROUP

YOUTH PRIZES ADULT PRIZES

Your choice of:

Bike
Bear Paw Snowshoes
Snowboard

Your choice of:

Snowshoes
Sports Outfit
2 Rounds of Golf at Le Portage

E-mail submissions to: activeyourway@yahoo.ca, fax to: 258-3170 or, mail to:

**Inverness County on the Move
16 Upper Railway St., Inverness, NS, B0E 1N0**

For more information call Caroline Cameron at 258-3110

Be active & healthy ~ your way ~ every day!

Inverness County Recreation/Tourism

For more information on this event or information on achieving a healthier lifestyle, contact one of the team:

Inverness North
Carole Aucoin
Chéticamp
224-2035

Inverness Central
Caroline Cameron
Strathlorne
258-3110 or
258-2616

Inverness SW
Ardi
MacEachern
Judique
787-2913 or
625-2016

Inverness SE
Wanda Chandler
Stewartdale
756-3320. *

INVERNESS COUNTY RECREATION COURSES - SPRING 2006

Continued from page 15...Judique

Ages 5 & 6/6 - 6:45 pm; Ages 7 and up/6:45 - 7:30 pm; 6 weeks. Instructor: Mary Ann MacIntyre; Fee: \$30.

PERSONAL INTEREST:

COMPUTER & INTERNET BASICS: Inverness County C@P Network Society (ICCNS) is offering free computer classes at the C@P Site, located in the Judique Community Centre, Tuesdays, 5:30 – 7 pm; 4 weeks beginning February 28. Advance registration is necessary due to limited space.

INFORMATION SESSION FOR STUDENTS GRADES 9 - 11: This session will provide general and practical information on finding and preparing scholarship applications. We will take a look at WHY and WHAT early preparation is needed. Get tips and practice on filling out forms and organizing your information. We will review other funding opportunities that support community projects that may help you create or find your own summer job. This session is focused on your own community and given from a community development and a parent's perspective. Tuesday, March 21, 7- 9:30 pm. Maximum 8 students. Facilitator: Virginia MacIsaac; Fee: \$5.



QUILTING FOR ABSOLUTE BEGINNERS:

Jacob's Ladder. Material list will be available at registration. 6 weeks beginning March 8, Wednesdays, 7 – 9 pm; Instructor: Jean MacDonald. Fee: \$30.

MABOU

REGISTRATION:

Dalbrae Academy
Monday, February 13
Wednesday, February 15
7:00 - 8:00 pm

PROGRAMMER:

Eddie MacNeil
P.O. Box 68, Mabou, NS
B0E 1X0

PHONE: (902) 945-2493

CHILDREN & YOUTH:

JUMP START GYMNASTICS: This is a modified gymnastics program for children ages 4- 6. Children will hop, skip, dance and move to fun music at the same time improving balance and coordination. Wednesday, 6 - 6:45 pm; 8 weeks; Instructor: Cheryl MacQuarrie; Fee: \$20.

STEP DANCE: Step dance instruction provided by Instructor, Cheryl MacQuarrie. Open to children ages 5 & up. Thursdays, 6 - 6:45pm; 8 weeks; Fee: \$40.

PERSONAL INTEREST:

QUILTING: Piecing with Curves. Saturdays, March 4 – March 25, 1 - 4pm. Materials list available at Registration and at Fiddle Stitches where classes will be held. Instructor: Margie MacIsaac 258-2338; Fee: \$45.00.

STEP DANCE: Step dance instruction provided by Cheryl MacQuarrie. For beginner and intermediate dancers. Thursdays, 7 – 8 pm; 8 weeks; Fee: \$40.

PHYSICAL ACTIVITY & HEALTH:

GET FIT FOR SPRING: This program will

Continued next page...Mabou

INVERNESS COUNTY RECREATION COURSES - SPRING 2006

Continued from previous page...Mabou

provide a full body cardio workout with emphasis on stretching, toning and strengthening. Classes are tailored for all fitness levels and ages. 6 weeks, Tuesday and Thursday, 7 - 8 pm; Instructor: Janet VanZutphen; Fee: \$15/one night per week; \$25/ 2 nights per week.

WALKING INDOORS: Walking is an aerobic activity that can improve your fitness level, health and well being. If you need motivation of a group to get out walking, come and join the group at Dalbrae Academy and walk in the comforts of the indoors. One evening/week; No Fee, but advance registration is necessary to book gym time.

MARGAREE CENTRE/ MARGAREE VALLEY

REGISTRATION:

Home of Rachel Maginley
Coyote Moon (bright yellow house)
Civic #1936 (under dish)
Margaree Centre
Wednesday, February 8
Thursday, February 9
Monday, February 13
7:00 - 9:00 pm

PROGRAMMER:

Rachel Maginley
PO Box 118 Margaree Centre
BOE 1ZO

PHONE: (902) 248- 2704

CHILDREN:

DRAMA TOTS: Storytelling, theatre games and activities in movement and mime. Ages 3 - 6 (children must be toilet trained). 4 sessions, starting Saturday, February 11, 10 am - 11:30 am. Location: Baptist Church Hall, Margaree Valley; Instructor: Rachel Maginley; Fee: \$6 / session.

YOUTH & ADULTS:

ARTS & CRAFTS: Fun crafts to make in February to keep or give as a gift. All ages welcome. 4 sessions, starting Saturday, February 11, 1- 3 pm. Location: Baptist Church Hall, Margaree Valley; Instructor: Amanda Ross; Fee: \$8/session.

CROSS COUNTRY SKI INSTRUCTION:

Explore trails, fields and snow-covered lands with a warm-up at the end of the run. All ages welcome (must have own skis). 4 sessions, starting Saturday, February 11, 2- 4 pm. Location: Meet at Baptist Church Hall, Margaree Valley; Instructor: Evelyn Carmichael; Fee: \$6 / session.

SCRAPBOOKING: Cut, shape and design your memories while you learn to create a one of a kind scrapbook. Ages, 7 - adult. 4 sessions, starts Saturday, February 11, 1- 3 pm. Location: Baptist Church Hall, Margaree Valley; Instructor: Bonnie Kutcha; Fee: \$9/session. Bring your favorite photos; All other materials supplied.

PLEASANT BAY

REGISTRATION:

Pleasant Bay Library & Family
Resource Centre
Tuesday, February 14,
10:00 AM - 12:00 Noon
Wednesday, February 15,
2:00 - 4:00 PM
Thursday, February 16,
10:00 AM - 12:00 Noon

PROGRAMMER:

Cheryl Timmons
214 Pleasant Bay Rd.
Pleasant Bay, NS
BOE 2P0

Phone: (902) 224-1348 (h)
(902) 224-1947 (library)

Continued next page...Pleasant Bay Courses

INVERNESS COUNTY RECREATION COURSES - SPRING 2006

Course listings...Pleasant Bay

CHILDREN:

PRESCHOOL GYMNASTICS: Jump Start. This is a modified gymnastics program for children ages 2 - 5, with emphasis on building strong multi-sport foundation skills in a fun and safe environment. Beginning Thursday, February 9th, 10:00 - 11:00 am, 10 weeks; Instructor: Cheryl Timmons; Fee: \$10 for supplies.

READY TO LEARN & PLAYSCHOOL CLASS:

A fun-filled program designed for pre-schoolers, (children who will be entering primary in 2006), consisting of crafts, songs, active games, stories, and making friends. Tuesdays, 1 - 2:30, 10 weeks; Instructor: Stephanie Timmons; Fee:\$10 for new students.

ADULT PERSONAL INTEREST:

APPLIQUE WORKSHOP: Make your own wilderness wall hanging in one day. Approximate size is 2 square ft. Cost includes instruction and some material. Please bring your own thread, sewing machine and a lunch. Saturday, February 18, 10 am - 4 pm. Instructor: Anna Moore; Fee: \$25.

BASIC CAKE DECORATING CLASS: 5 classes. Instructor: Charmaine Bishop; Fee: \$25 (plus cost of beginner's kit \$20).

LIBRARY VOLUNTEER WORKSHOP: A basic course to teach volunteers (youth as well as adults are welcome as volunteers) how to check out and return library books, using the ResourceMate Computer Program. Tuesdays in February, 7- 9 pm; Instructor: Cheryl Timmons; no fee.

MAKE A "RAG BAG" WORKSHOP: Saturday, March 4 , 10 am - 4 pm. Bring your own sewing machine, thread and a lunch. Instructor: Brenda Fitzgerald; Fee: \$25 (includes material).

MENDING/ALTERATIONS: Bring that pile of mending you've been putting off and we'll show you techniques and tricks to help you. Please

bring your own sewing machine and thread. Thursdays 1:30- 3:30 pm, 10 weeks, beginning February 2. Instructor: Anna Moore; Fee: \$10.



QUILTING: Wednesdays, 1 - 3 pm. Learn how to make a Sampler Quilt. Please bring your own supplies, sewing machine and thread. Starting February 1st; 10 weeks; Instructor: Brenda Fitzgerald; Fee: \$25.

PHYSICAL ACTIVITY:

TAE-BO: Mondays beginning February 6 , 7 pm; 10 weeks, Instructor: Joanie MacIntosh; Fee: \$5.

CONTINUING EDUCATION:

ADULT UPGRADING: If you are 19 yrs or older and interested in improving your reading, writing and/or math skills; preparing for the GED; or working toward your own personal goal, classes are available to you free of charge two days/wk, 3 hrs per day. Instructor: Charmaine Bishop.

PORT HOOD

REGISTRATION:

Bayview Education Centre
Tuesday, February 14
Thursday, February 16
6:00 - 7:00 pm

PROGRAMMER:

Leona Gillies
PO Box 8,
Port Hood, NS
BOE 2WO

Phone: (902) 787-2669

CHILDREN & YOUTH:

BABYSITTING TRAINING COURSE: Learn the skills of babysitting creatively and safely. Topics to be covered will be emergency first aid, how to feed, change and nurture a child, what to

Continued next page...Port Hood

INVERNESS COUNTY RECREATION COURSES - SPRING 2006

Continued from previous page...Port Hood

do in emergency situations, the rights and responsibilities of babysitters and the essential information to gather from guardians before you are left in charge. March 6, 7, & 8 / 3:30- 6:30 pm Ages 11-16, Instructor: John Begin; Fee: \$15.

FIDDLE: Beginner classes with instructor, Colton MacDonnell. Wednesdays, 8 weeks, Fee: \$40

MINI-VOLLEYBALL: Instructional volleyball for girls 12 and under. Mondays, 3:30 – 4:30 pm. Level 1 certified instructors: Laura Gillis & Emily MacLellan; Fee: \$20 /10 weeks. (Limit 15).

RECREATIONAL VOLLEYBALL: Instructional volleyball for girls under 14. Mondays, 4:30 – 5:30 pm. Level 1 certified instructors: Laura Gillis & Emily MacLellan; Fee: \$20 /10 weeks. (Limit 15).

STUDENT BOOTCAMP: Circuit style training - including cardio, core and resistance work (45 min), plus flexibility training. Monday & Wednesday, 6 – 7 pm, 6 weeks, Instructor: Jamie MacEachern; Fee: \$20. (Minimum 8 students).

STEP DANCE: Learn traditional Cape Breton step dancing with Instructor, Cheryl MacQuarrie. Children ages 5 & up. Tuesday, Beginners/6 - 6:45 pm, Intermediate & advanced/7 - 7:45 pm; 8 weeks; Fee: \$50.

FITNESS, HEALTH & SPORT:

INTRODUCTION TO RESISTANCE TRAINING: A certified trainer will help you set up your personal weight-training program with emphasis on safety and exercise techniques. 20 minutes of instruction, 40 minutes of workout time. Sundays, 7 – 8 pm, 6 weeks.

Instructor: Jamie MacEachern; Fee: \$20.
Location: Al MacInnis Fitness Centre.

CARDIO-KICK BOXING: 20-minute cardio workout using kick boxing techniques along with abdominal work and strength training. Instructor: Jamie MacEachern; 6 weeks, Fee: \$20.
Location: Al MacInnis Fitness Centre.

BOOTCAMP FOR ADULTS: Circuit style training - including cardio, core and resistance work (45 min), plus flexibility training. Monday & Wednesday, 7 – 8 pm, 6 weeks; Instructor: Jamie MacEachern; Fee: \$20. Location: Al MacInnis Fitness Centre.

WALKING: Need motivation of a group to get out walking? Join the walking group in the Bayview Gym. Monday & Wednesday, 8 - 9 pm. No fee, but you must register to confirm numbers.

ADULT PERSONAL INTEREST:

SCRAPBOOKING EVENING: Get together once a week with other scrap-bookers to share ideas and work together. Bring a couple of

Continued next page...Port Hood

UPCOMING EVENTS IN INVERNESS COUNTY:

FEBRUARY

- Lake Ainslie Winter Carnival Activities
- Margaree Highlanders Snowmobile Rally
- Inverness Capers Snowmobile Rally

MARCH

- Port Hood Alpine Snowmobile Rally

APRIL

- Inverness County On the Move... *COUNTYWIDE CHALLENGE I*
- County Cribbage Tournament
- Volunteer Recognition Ceremonies

MAY

- Summer-Active Kick Off

JUNE

- Senior Games
- Mabou Ceilidh kicks off Inverness County Festivals & Events

INVERNESS COUNTY RECREATION COURSES - SPRING 2006

Continued from previous page...Port Hood
pages and a number of photos to work on.
Wednesday, 6 - 9 pm; Leader: Leona Gillis; No
fee, just come and have fun.

CONTINUING EDUCATION:

ADULT UPGRADING: If you are 19 yrs or older and interested in improving your reading, writing and/or math skills; preparing for the GED; or working toward your own personal goal, classes are available to you free of charge. Tuesday & Thursday, 6 - 9 pm. Instructor: Susan Campbell.

COMPUTER & INTERNET BASICS: Inverness County C@P Network Society (ICCN) is offering free computer classes at the C@P Site, located in the Port Hood Resource Centre. Mondays, 5:30 - 7 pm; 4 weeks beginning February 27. Advance registration is necessary due to limited space.

RIVER DENYS

CONTACT:
Arlene MacDonald
(902) 756-2597

FITNESS & NUTRITION CLASS: Circuit workout using various pieces of equipment at the River Denys Friendship Hall. Monday, Tuesday, and Thursday, 6:30 - 8 pm. Fee: \$10.



***Any changes or additions to the courses listed in this issue will appear in the latest editions of *The Oran* and/or *The Reporter*.**

SCOTSVILLE SCHOOL OF CRAFTS

REGISTRATION:
Scotsville School of Crafts
Wednesday, February 15
Thursday, February 16
7:00 - 8:00 pm

PROGRAMMER:
Verna MacMillan
3054 Route #395,
East Lake Ainslie
BOE 3M0

Phone: (902) 258-2278
e-mail: vernamac@ns.sympatico.ca

TUESDAYS

***Aero-tone Low Impact Aerobics and Full Body Toning:** 8 weeks, resistance bands will be incorporated. 9:30 - 10:30 am or T.B.A. to fill participant's needs. Instructor: Maggie Herbert; Fee \$20 or \$3 drop in, plus materials.

***Beginner's Weaving:** 8 Weeks. Want to try your hand at weaving? In this beginner course you will be taught basic weaving skills. You will be introduced to looms and learn how they work. You will learn how to make a warp, dress a loom, and you will weave a sampler and project of your choice. You will also be shown how to interpret weaving drafts and drawdowns. This course is challenging but no stress. Lots of fun!! 7 - 10 pm; Instructor: Eileen MacNeil; Fee: \$40 plus materials.

WEDNESDAYS

***Internet & E-mail for Beginners:** 4 weeks beginning March 1. Learn the basics, hints for browsing, how to find what you want, get your own email address, sending and receiving email, downloading, copying or printing information from the net, question and answer, and more. 7 - 9 pm; Instructor: Jack Tilsley, Fee: \$20.

Continued next page...Scotsville

INVERNESS COUNTY RECREATION COURSES - SPRING 2006

Continued from previous page...Scotsville

***Knitting a Poncho:** 8 weeks beginning March 1, Instructor: Dorothy Sanders; Fee: \$20 plus materials.

THURSDAYS

***Aero-tone Low Impact Aerobics and Full Body Toning:** Resistance bands will be incorporated. 8 weeks, 9:30 - 10:30 am or T.B.A. to fill participant needs. Instructor: Maggie Herbert; Fee: \$20 or \$3 drop in, plus materials.

***Watercolour and Drawing:** Step-by-step instruction, including drawing techniques, mixing colours, and art history. 8 weeks, 7 - 9 pm; Instructor: Barrie Fraser; Fee: \$40 plus materials.

SATURDAYS

***Let's Weave! Intermediate Weaving classes:** 8 Weeks, beginning March 3. This round of classes will focus on profile drafts, block design and Huck Lace. Projects will be weaver's choice. Let's weave! 9:00 am - 12:00 pm. Instructor: Eileen MacNeil. Fee: \$40 plus materials.



ONE DAY WORKSHOPS AND PROGRAMS

Sunday, Feb. 26, 2006, *Ceilidh at the Lake, traditional music & buffet lunch. 2 - 4 pm; Organizers: Rebecca Lynn MacDonald and Geoffrey May. Fee: \$6.

Thursday, March 9, 2006, *Highland History, all levels, 7- 9 pm; Instructor: Geoffrey May; Fee: \$10.

Saturday, March 11, 2006, *Needle Felting, 1 - 3 pm; Instructor: Judy Lincoln. Fee: \$25 includes materials

Saturday, March 11, 2006, *Gaelic Song, 1:30 - 3 pm; all levels, Instructor: Geoffrey May. Fee: \$10.

Friday, March 10, 2006, *Let's play Euchre, 7:00 pm; Organizer: Verna MacMillan

Sunday, March 12, 2006, *Let's play Scrabble, Bring your board if possible. 2:00 pm; Organizer: Verna MacMillan

Sunday, March 26, 2006, *Ceilidh at the Lake, traditional music & buffet lunch. 2 - 4 pm. Organizers: Rebecca Lynn MacDonald and Geoffrey May. Fee: \$6.

Monday, April 3, 2006, *Quilting - Reverse Appliqué, using a sewing machine. A list of supplies and materials will be available at registration (minimum 6 participants); 10 am - 4pm; Instructor: Bea Tilsley. Fee: \$35 includes Butterfly Pattern.

Sunday, April 23, 2006, *Ceilidh at the Lake, traditional music and buffet lunch; 2 - 4 pm; Organizers: Rebecca Lynn MacDonald and Geoffrey May. Fee: \$6.

Course listings continue on page 26

If you think you don't have much influence over your health and aging, think again. Doctors now know that you, not your genetics, control 70 percent of an individual's aging process. Dr. Mehmet Oz, host of the forthcoming Discovery Health Channel special "You, The Owner's Manual," says that by making simple changes, you can have a huge positive impact on your health. Oz's Tips for a Healthier You

- Two weeks of healthy behaviour can affect your life span. Even if you've eaten junk food for years, give it up for two weeks and it will change where you are on the life curve.
- Avoid pop. Try not to consume any product with high fructose syrup. Not only is that substance high in calories, but it also blocks your body's ability to tell whether it's full.
- Cutting 100 calories a day can have an enormous impact; that reduction in calories will result in a 10-pound weight loss per year. Also of note --- Push-ups are a simple way to test how fit you are. Women ages 30 and under should be able to do 45 knee push-ups, and men ages 30 and under should be able to do 35 full push-ups. For every decade older you are, you deduct five push-ups. For example, a 60 year-old woman (3 decades older than the 30 year-old), should be able to do 30 knee push-ups (45 - 15 = 30).

The Road to Health and Fitness

This is Isabel's story. Isabel is 17. She had spent a lot of time sitting around - she was a "couch potato". She skipped Phys.Ed. in school, because she always felt clumsy and uncoordinated when she had to do physical activities with others. She preferred reading, watching TV or sitting at the computer, to intramural sports or being active outdoors.

Her friends kept trying to get her to join them in physical activities both during and after school, but she always said no. The more she sat on the couch, the more tired she became and the more weight she packed on.

"How could I possibly put on tights and go to a gym class?" she would ask herself.

Gradually her friends stopped asking her to do things with them and Isabel sat on the couch even more. Her mom told her she needed exercise so she would have more energy. She told her to get out with her friends and swim, walk, bike or dance.

One day her mom gave her a copy of the *Handbook for Canada's Physical Activity Guide to Healthy Active Living* and asked her to at least read it. "Do something!" she said to her. The only idea from the handbook that Isabel liked was dancing...well, maybe I could do that, she thought.

So she took her first step. She talked to a friend at school. The friend told her that an aerobic dance class was now being offered in Phys.Ed. and suggested she come and watch. "It's fun," her friend explained. "And you like to dance, so you might decide to join us." Isabel thought about it. She was still pretty nervous, but her friend kept encouraging her. One day she finally went and just watched. She knew a few people in the class and they sure seemed to be having fun...

Eventually, she joined in and found to her surprise that she could follow all the steps. The teacher encouraged her and so she tried another class and then another... finally she decided to take the plunge and sign-up. She liked it! Another friend in the class also took yoga and encouraged her to come and watch that too - so she went and watched again. This time it did not take her as long to sign-up. In just over a year, Isabel is now in two classes, goes out Saturday nights with her friends, is no longer a couch potato, feels a lot better about herself, and is even getting better grades at school. ■



Did you know....

Research studies show that more than half of Canadian children and youth are not active enough for optimal growth and development. Canadian girls are less active than boys with only 38 per cent of girls and 48 per cent of boys considered active enough. From 1981 to 1996 the number of boys and girls who were overweight doubled and the number that were obese tripled.

The Public Health Agency of Canada takes Action

The Public Health Agency of Canada recognized that the rapid increase in overweight and obesity, combined with low levels of physical activity, represent a serious threat to the health of Canada's children and youth. In response to this crisis, the Public Health Agency of Canada and the Canadian Society for Exercise Physiology initiated the development of Physical Activity Guides. The Guides are available to the Canadian public free-of-charge and can be ordered by calling toll-free at 1-888-334-9769 or visit their site at:

www.healthcanada.ca/paguide. *Courtesy of the Public Health Agency of Canada.*

Steps to a Healthier, More Active Family

A great first step to a healthier family is to include 5 to 10 servings of fruit and vegetables each day. A healthier family is also on the move, so include of least 30 minutes of moderate activity everyday, such as walking (walking together as a family can also be a good way to get closer to one another by sharing thoughts and chatting.) These simple changes are easier than you think and can help to improve your entire family's health, as well as bringing you all closer to one another.



Involve the whole family

Encourage your family to help make the grocery list. Leave a pad and pen in the kitchen (or use a chalkboard on the wall) handy to all family members. This way they can add to the list as they think of an item. Encourage them to think of different fruits and vegetables that they would like to try.

Get them to help you prepare dinner. By involving your kids, they'll be more likely to eat healthy foods, and they'll learn the basics of eating right. Start a little healthy competition in your family by tracking everyone's fruit and vegetable consumption as well as physical activity for a week. Use a tracking chart for every member of your family. Enter the number of daily vegetable and fruit servings and activity minutes each day. Total them up at the end of the week and see who ate the most and also included physical activity. Remember, 5 servings is the minimum, so strive for 5 to 10 colorful fruits and vegetables!

Quick Bites

Try these tips and see how easy it is to eat 5 to 10 a day!

BREAKFAST: Add your favorite fruit to cereal or yogurt, drink a glass of 100% juice.

LUNCH: Pack a pita full of chopped veggies, have a salad, vegetable soup or fill a baggie with cut fruits and veggies to munch on.

SNACKS: Fill ice cube trays with 100% juice (put in toothpicks) and enjoy the mini-popsicles in no time.

DINNER: Have two vegetables and a salad.



What is a Serving?

The 5-A-Day for Better Health Program defines one serving as
½ cup or 6 oz., of 100% fruit or vegetable juice
½ cup raw, cooked, canned, or frozen fruit or vegetables
½ cup cooked, canned, or frozen peas or beans
1 cup raw, leafy vegetables, 1 medium size fruit, ¼ cup dried fruit.

Health Benefits

Health benefits are gained by eating 5 to 10 servings of fruits and vegetables each day and regular physical activity. Eating 5 to 10 servings of fruits and vegetables a day may reduce your risk of some types of cancer and other chronic diseases. Substitute fruits and vegetables for high calorie, low nutrient foods such as chocolate bars, cakes, cookies, ice-cream, french fries, etc. Regular physical activity helps decrease your risk for several chronic diseases, and also helps control your weight and reduce stress. ■

INVERNESS COUNTY RECREATION COURSES - SPRING 2006

Course listings continued from page 23

WEST BAY/WEST BAY ROAD

REGISTRATION:

West Bay Community Hall
Tuesday, February 14, 5:30 - 6:60 pm

PROGRAMMER:

Alesia MacDonald
PO Box 128
Cleveland NS
BOE 1JO

Phone (902) 625-5551

CHILDREN & YOUTH:

STEP DANCE: Beginner youth classes, Maximum 8 students/class. Tuesdays, 5:45 - 6:45 pm; Instructor: Andrea MacDonald; 8 weeks, Fee: \$35.

WHYCOCOMAGH

REGISTRATION:

Whycocomagh Education Centre
Monday, February 13
7:00 - 8:00 pm

PROGRAMMER:

Burton MacIntyre
131 Main Street
Whycocomagh, NS
BOE 3M0

Phone : (902) 756-2769

CHILDREN & YOUTH:

STEP DANCE: Step dance instruction provided by Instructor, Cheryl MacQuarrie. Open to children ages 5 & up. Wednesdays, Time: TBA. 8 weeks. Fee: \$40.

HEALTH & FITNESS:

ADULT BADMINTON & VOLLEYBALL: If interested contact Burton MacIntyre @756-2769.

CONTINUING EDUCATION:

ADULT UPGRADING: If you are 19 yrs or older and interested in improving your reading, writing and/or math skills; preparing for the GED; or working toward your own personal goal, classes are available to you free of charge. Tuesdays & Thursdays, 6:30 - 9:30 pm.

Your local programmer is an excellent resource for information on health and/or fitness courses in your area.



PROGRAM COORDINATOR, INVERNESS COUNTY
Anna Lee MacEachern,
Recreation/Tourism Department
PO Box 179, Port Hood, NS, BOE 2WO,
Tel: (902) 787-3508 Fax:(902) 787-3110
Email: amaceachern@invernessco.com

***Any changes or additions to the courses listed in this issue of *The Participaper* will appear in the latest editions of *The Oran* and/or *The Reporter*.**

Get Physically Active

Regular physical activity is essential for your health. To decrease your risk of several chronic diseases,



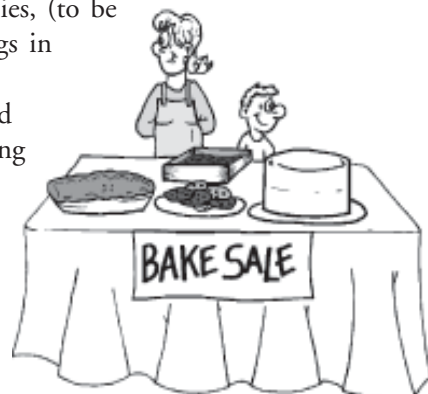
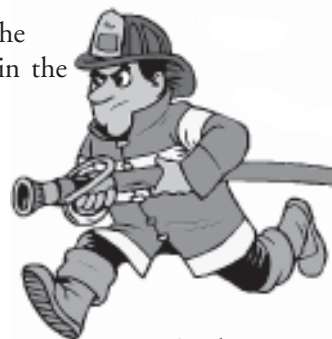
you should strive for at least 30 minutes of moderate-intensity physical activities on 5 or more days of the week, or vigorous-intensity physical activity 3 or more days of the week for 20 minutes or more per session.

While any physical activity is better than none, additional health benefits can be gained by engaging in more physical activity.

GUIDELINES FOR THIS YEAR'S VOLUNTEER NOMINATIONS

The 2006 Provincial Volunteer Week is April 23 - 29, and the Municipality of Inverness County will once again recognize the contribution of individuals who volunteer their time and talents in Inverness County during this time period. The following are the guidelines for nominations:

1. Any organization or individual may nominate one (1) volunteer.
2. Choose only those nominees who have never before been recognized by the Municipality through this program, or, those who have not been recognized in the previous 10 years, 1996-2005. (If you are unsure if a volunteer has been recognized during this ten-year period, contact the Recreation/Tourism office.)
3. The volunteer must either reside in, or perform volunteer work in, the Municipality of Inverness County.
4. Nominations must be accompanied by a clearly written or typed description (100-150 words) of the nominee's present and past volunteer activities. (If you are nominating a volunteer who was also recognized prior to 1996, please highlight the individual's most recent contributions.) Information of a highly personal nature should not be included (for example, references to children or grandchildren or other information of that nature.)
5. A photo is desirable. Please send only recent high quality head and shoulders photographs (in the case of digital photographs, please ensure that they have been taken at the highest possible resolution the camera will allow and that they are copied to a readable CD). If you wish to have a photo returned, please supply a return address. [Alternatively, if a photograph of sufficient quality for printing is unavailable and the volunteer plans to attend the awards ceremony, the Editor of *The Participaper* will be on hand to take a photograph of the volunteer at that time.]
6. All volunteer biographies and photos will be featured in the May issue of *The Participaper*.
7. Deadline for receipt of all nominations is April 3, 2006. Any nominations received after that date will be placed on a list for recognition in 2007.
8. A draw will be held, from all of those nominations received by March 6, to choose a volunteer to represent all of the Inverness County volunteers at the Provincial Volunteer Awards Ceremonies, which will be held in Halifax April 18.
9. An invitation to attend the Municipal Volunteer Award Ceremonies, (to be held April 26 at the Municipal Buildings in Port Hood during Provincial Volunteer Week) will be mailed to each nominated volunteer in early April. The nominating group/individual will also receive a second invitation for one member to accompany the volunteer to the ceremonies. That invitation may be allocated to the volunteer's family member, friend, etc., at the discretion of the nominating group.



VOLUNTEERS - SO MUCH TO OFFER. OUR COMMUNITIES - SO MUCH TO GAIN!

Continued from page 7...Hockey

needed to be done before the entire project could become a reality. The interior of the building still contained leftover gypsum which was distributed throughout the building making for an extremely irregular and undulating surface — hardly compatible with the requirements of a smooth ice surface.

As luck would have it, in the fall of 1948 a new road was being built in Chéticamp. Mr. Boudreau managed to obtain — free of charge — the services of one of the engineers associated with the project, plus a bulldozer, grader and construction crew. (On those days when the weather was too inclement for them to be outdoors working on the road, they simply moved indoors and prepared the surface of the future ice rink.)

Finally, when the mid-winter deep freeze of January arrived, the process of installing the ice began. Mr. Joseph (à Onésime) Muise was in charge of this task. By the end of the month he had the surface ready for skating. On January 31, 1949, the only indoor rink in Cape Breton (with the exception of those in and around Sydney) finally opened.

According to those who were present at this undoubtedly exciting event, although we now had indoor ice, hockey in our area was still not an organized sport. The first “match” was held in February of 1949, but for the most part, in that first abbreviated season, players were simply invited to come to the rink and learn the finer points and techniques of the game from a fellow by the name of Hurst Butts. Mr Butts, an engineer with the Department of Transportation who lived in Chéticamp that winter, was — according to those who witnessed his prowess on the ice — an excellent hockey player capable of dazzling onlookers with some of his manoeuvres on the ice. A relative of Bobby Smith of the Halifax Mooseheads, perhaps it was not surprising that Mr. Butts had “the moves.”

This first season ended on March 15th, as the weather did not cooperate and it became too warm to keep the ice surface cool enough to stay frozen.

As far as can be determined it was the next season, 1949/50, that the Chéticamp hockey team, the Alouettes, came into being. In this, the second season, the Knights of Columbus hired Mickey

Chiasson of Glace Bay, to teach the young men of this area to play hockey. Mickey was a son of Charles (à Félix) and it was during this time that the local team was first formed. Some of the original members of this team are pictured on pages 6 and 7 at the beginning of this article.

These first “Les Alouette’s” did not play in an organized league with a schedule set well in advance. And, many of them still had to wear the *Sears* and *Eaton’s* catalogues as shin pads.

In the beginning, their opponents were teams from St. Joseph du Moine, Margaree Forks, Inverness and Florence. Later, they played against teams from Ingonish, River Bourgeois, Baddeck and others.

Apparently, the games in Chéticamp caused a great deal of excitement and were very well attended. The building was packed to capacity with fans cheering on their teams; the teams never failing to entertain their audience, playing the game at a high level and aggressively pursuing a win.

As hockey in the area became more and more popular (and equipment more affordable) this first “Alouette” team was replaced in 1964 by four teams sponsored by local organizations and businesses. The number of teams and list of businesses and organizations grew over the years and eventually, a new arena was built to house the growing number of teams. This arena is still in operation today.

Besides those hardy and dedicated players who participated in the games over the years, many others have contributed to the success of hockey here. Thousands of volunteers, parents and businesses have donated untold hours and contributed thousands of dollars to bring this sport to us. We owe them a resounding vote of thanks. Today, hockey still excites us and makes for many interesting conversations the day after a game. ■

[Ed Note: Others who were instrumental in establishing the indoor rink and hockey in Chéticamp were: Dr. Russell Chiasson (the local dentist); Mr. Allister MacInnis (the local bank manager); Const. Joe Babin (the local RCMP officer); Mr. John (à William) Roach; Louis (à Luc) Chiasson; Pierre (à Josie) Larade; and Johnny MacKeown.]



APPLICATION FOR MEMBERSHIP - INVERNESS COUNTY, COUNCIL OF THE ARTS

The Inverness County Council of the Arts (ICCA) is a charitable not-for-profit organization. ICCA's mission is to promote exhibitions and cultural events that showcase artists in the community, and to create awareness of the opportunities and benefits associated with the arts.

The new Inverness County Centre for the Arts is a unique professional gallery that promotes and supports local arts and culture. Located in the north end of Inverness, the arts centre offers a large exhibit space, studio space, a catering kitchen, a large reception room, The Number 2 Café, and The Gallery Shop.

Membership Includes:

- * Discounted admission rates to specific events and exhibits
- * Notification of upcoming events and exhibits
- * Voting rights at the Annual General Meeting
- * Access to ICCA resources and services to artists

ICCA believes that a large membership base is its most valuable resource. We hope you will become a member at this important time in our history - when our dream of an arts centre has finally been realized. Your suggestions and comments are always welcome. ❖

TO JOIN OR RENEW YOUR ICCA MEMBERSHIP

Complete this form, and return it with your payment to the Inverness County Centre for the Arts, P.O. Box 709

16080 Highway 19

Inverness, NS

B0E 1N0

Ph: (902) 258-2533

Email: kathy@invernessarts.ca

Membership rates are as follows:

_____ Individual \$20.00

_____ Seniors (65+) & Students \$10.00

_____ Family \$35.00

_____ Business \$50.00

Membership fees include taxes and are subject to change without notice. To pay by Credit Card, contact the Art Centre.

Donation amount*: _____

Name: _____

Address: _____

Phone: _____ Fax: _____ Email: _____

Areas(s) of interest: _____

If you wish to volunteer to work at the Arts Centre, please indicate the area(s) that interest you and for which you would be available:

- reception hall events gardening/landscaping gallery shop exhibitions
 workshops fundraising

* ICCA can issue receipts for donations, but not for membership fees
Canadian Registered Charity Number 881684427RR0001



REGIONAL LIBRARY NEWS



WINTER IS HERE!

Winter at your library...a great time to spend time with that book you've wanted to read, a captivating audio book or a classic movie! We've got something for everyone at your closest Branch, Libr@ry Link site, or online at: eclr.library.ns.ca.



MARCH IS LIBRARY CARD MONTH!

If you don't already have a library card, visit us during March to register for your free card and qualify to win some great prizes!



BOOKS BY MAIL AND VISITING LIBRARY SERVICE

We also provide a free mail-out service for library books for persons who live in the more rural areas of the County. Just call or e-mail us your request. Also, for persons who cannot easily leave their home, we will bring or mail to you a selection of reading materials chosen by our staff to reflect your preferences. Call us to register!

CONNECT @ YOUR LIBRARY

Our catalogue is on-line at eclr.library.ns.ca. If you have the internet at home, you can even search our catalogue and make requests in your PJs! Does your laptop have wireless capabilities? We offer wireless internet at all Branches.

For further information, please contact Eastern Counties Regional Library headquarters, by telephone: 747-2597, E-mail: info@nsme.library.ns.ca or visit our Website www.eclr.library.ns.ca

BRANCHES: WINTER HOURS: FEBRUARY 15 - MAY 31, 2006

MARGAREE FORKS Tel/Fax: 248-2821 Monday 1:30 - 4:30 & 6:30 - 8:30 Tuesday & Wednesday 6:30 - 8:30 Thursday 10:00 - 12:00 1:30 - 4:30 & 6:30 - 8:30 Friday 1:30 - 4:30 Saturday 1:30 - 4:00	MULGRAVE Tel: 747-2597 Fax: 747-2500 Monday 10:30 - 12:30 & 2:00 - 6:00 Tuesday & Wednesday 2:30 - 7:30 Thursday 1:00 - 4:00 Friday CLOSED Saturday 1:00 - 4:00	PT HAWKESBURY Tel/Fax 625-2729 Monday-Friday 3:00 - 8:00 Saturday 11:00 - 2:00
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HOURS: LIBR@RY LINKS: FEBRUARY 15 - MAY 31, 2006

INVERNESS ACADEMY (every 2 weeks) Thursday 2:00 - 5:30 & 6:00 - 8:00 Feb. 23 March 9, 23 April 6, 20 May 4, 18	JUDIQUÉ COMMUNITY CENTRE (every 4 weeks) Wednesday 4:30 - 5:30 & 6:00 - 7:30 Feb. 22 Mar. 8 April 5 May 3, 31	PORT HOOD RESOURCE CENTRE (every 4 weeks) Tuesday 3:30 - 5:30 & 6:00 - 7:30 Mar. 14 April 11 May 9
MABOU, DALBRAE ACADEMY (every 2 weeks) Wednesday 3:45 - 5:30 & 6:00 - 8:00 Feb. 15 Mar. 1, 15, 29 April 12, 26 May 10, 24	ST. JOSEPH DU MOINE/ (every 2 weeks) CENTRE SAINT-JOSEPH Thursday 12:00 - 5:15 & 6:00 - 8:00 Feb. 16 Mar. 2, 16, 30 April 13, 27 May 11, 25	WHYCOCOMAGH EDUCATION CTR (every 4 weeks) Wednesday 3:30 - 5:30 & 6:00 - 8:00 March 8 April 5 May 3, 31

**MUNICIPALITY OF THE COUNTY OF INVERNESS
DIRECTORY**

MAIN SWITCHBOARD	787-2274
Fax - All Departments	787-3110
BUILDING INSPECTOR:	
Port Hawkesbury	625-1572
Port Hood	787-2900
ENGINEERING & PUBLIC WORKS DEPARTMENT:	
Administration	787-3502
.....	787-3503
Water Utilities	787-3503
Emergency Sewer & Water Maintenance 24 Hrs	258-3335
EXECUTIVE OFFICES:	
Warden	787-3514
Chief Administrative Clerk	787-3500
CAO Secretary	787-3501
FINANCE DEPARTMENT:	
Director	787-3511
Tax Collector	787-3510
Accounting	787-3505
Data Processing	787-3505
INVERNESS COUNTY HOME CARE	787-3449
Municipal Homes:	
Foyer Père Fiset	224-2087
Inverary Manor	258-2842
PLANNING AND DEVELOPMENT:	
Divisions:	
Building Inspector:	
Port Hawkesbury	625-1572
Building Inspector:	
Port Hood	787-2900
Development Control	625-1572
Policy: MDP Office	625-1572
RECREATION AND TOURISM	
Director, Recreation & Tourism	787-3506
Director, Community Development & Culture	787-3506
Assistant /Recreation & Tourism	787-3507
Adult Education & School Program Coordinator	787-3508
Tourism Toll-Free	1-800-567-2400
COMMUNITY SERVICES	787-4000
Toll-Free	1-800-252-2275
Strait Highlands Regional Development Agency (SH-RDA)	
Port Hawkesbury	625-3929

OUR WEBSITE & EMAIL ADDRESSES ARE:

www.invernessco.com email: recreation@invernessco.com

The Participaper cover pages are printed in the municipal colours of blue and yellow. However, the Christmas issue is printed with a red cover in celebration of that season.

Director's Desk continued from page 2...

WINTER ACTIVE RENTAL PROGRAM:

The Recreation/Tourism Department provides a rental service for cross-country skis and snowshoes. Various sizes are available. Rental is on a first come, first served basis. Cost for renting a pair of snowshoes or a set of skis (includes skis, poles, & boots) is \$3/day or \$5/weekend. A damage deposit is required at time of pick-up and will be returned when the equipment is returned in satisfactory condition. For more information call 787-3507, 3508 or 2274.

OUR "ON THE MOVE" TEAM -

Caroline Cameron, Ardie MacEachern, Carole Aucoin and Wanda Chandler - continue to work on plans for upcoming events for residents of Inverness County. They have an essay contest currently underway which is open to both students and adults; an On the Move Community Health Fair scheduled in four locations in March; and a county-wide "Spring into Action" challenge scheduled for early April. Check this issue for more details on these events and how you can get in touch with our "On The Move" team.

CANADA DAY CELEBRATIONS:

The Department of Canadian Heritage provides some financial incentive for community groups interested in organizing activities during the "Celebrate Canada Campaign" which runs from June 21 to July 1st.

The deadline date to submit an application for funding is March 31, 2006. Give the Recreation/Tourism office a call for more information or check the Canadian Heritage website at www.canadianheritage.gc.ca

(Under Department click on Application Forms, then scroll down to and click on "Celebrate Canada" 2006 application (PDF)).

Happy Valentine's Day



This 1906 Valentine from the MacFarlane Collection contains a quote taken from Wordsworth, "Sweetest meoldies are those that are by distance made more sweet."